



## **Lexington City School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Lexington City School System in 2006.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Lexington City School System that includes:

- School Health Advisory Committee
- Two Healthy School Teams
- School Health Policies strengthened or approved include wellness policy, mental health policy, CSH policy, nutrition policy, physical education/physical activity policy, comprehensive health education policy, health services policy, staff wellness policy, healthy school environment policy, and the student family community involvement policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$119,300.00.

Community partnerships have been formed to address school health issues. Current partners include:

- Quinco Mental Health
- UT Extension Agency
- Henderson County Community Hospital
- Henderson County Health Department
- Henderson County Chamber of Commerce
- Carl Perkins Child Abuse Center.

### **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities including Healthy School Teams, PTA, Kite Day, Santa Run, health screenings, family orientation meetings, Back to School Bash, Back Pack Program, 2<sup>nd</sup> Harvest Food Bank Distribution, poverty simulation, Healthy Steps. Currently, 20 parents are collaborating with CSH.

Students have been engaged in CSH activities that include health screenings, Santa Run, Kite Day, Healthy School Teams, 2<sup>nd</sup> Harvest Food Bank Distribution, bicycle safety, classroom movement learning activities. Approximately 15 students are partnering with CSH to address school health issues.

## School Health Interventions

Since CSH has been active in the Lexington City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers –

Year	Students Screened	Referrals Vision	Referrals Hearing	Blood Pressure	Scoliosis
2007-08	604	170	76	8	20
2008-09					
2009-10	561	83	33	1	20
2010-11	1051	165	49	3	55

93 % of the students who visit the nurses return to class. In 2010-11, 5813 students have been seen by a school nurse and 5412 have returned to class.

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Year	Overweight	Obese	Total
2007-08	13.6%	20.5%	33.5%
2008-09	20%	30.8%	50.8%
2009-10			
2010-11 Fall**	17%	32%	49%
2010-11 Spring**	18%	30%	48%

\*\*All students in PK – 8 were screened. In prior years only grades K, 2, 4, 6, and 8 were screened.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Wii's, iPods, projectors, physical education equipment, journals, curriculum resources, climbing wall, treadmill, recumbent bike, free weights, exercise videos, playground equipment, scales, blood pressure cuffs, screening equipment, counseling materials, and health related videos;

Professional development has been provided to school health staff, counselors, physical education teachers, school psychologist, all teachers and staff, and café employees. Examples include Why Try Training, NCYI Institute, Registered Dietician working with café employees, southwest chat sessions, RHAT Conference, TAHPERD Conference, Fit for the Future

Conference, TN Suicide Prevention Network meetings, allergy, bloodborne pathogen training, CPR training, and CSH Grand Regional Conference;

School faculty and staff have received support for their own well-being through blood pressure and weight checks, flu shots administered on campus, Zumba classes, pedometers, and allergy, bloodborne pathogen, and CPR training.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model, individual counseling, diabetes counseling, at-risk follow-ups, Power U bicycle and sun safety training, and depression and suicide training;
- Physical Education/Physical Activity Interventions – ribbon dances, alphabet exercises, Dr. Jean Feldman's songs, riding tricycles, throwing and catching balls, hoola hoops, jump rope, punching out sounds, dancing and singing, Jack Hartman's Exercising Songs with Numbers and Movements, exercising with Rainy Day Recess from United Streaming, movements teaching size of letters, tall, middle, and short, Verb Rap, Punch Out Punctuation, Four Corners, body-stretching/brain-stretching exercises, and square dancing and line dancing;
- Nutrition Interventions – work with Registered Dietician, mental health/behavioral health interventions, mental health training through Jason Foundation, and suicide prevention

In such a short time, CSH in the Lexington City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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